



CONDITIONS FOR FORMING SKILLS TO PERFORM A LOW START IN SHORT DISTANCE RUN

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Annotation

The article deals with the problems of forming the skills of performing a low start in sprinting. Brief recommendations are given for the qualitative formation of the skills of performing a low start technique in sprinters.

Keywords: pedagogical experiment, control, low start technique, management.

Introduction

Improving the technique of sprinting is associated with the search for individual ways to improve the quality of motor actions that make up the content of a sprinter's competitive activity. In sprinting, speed-strength qualities are leading, since the speed of overcoming a distance requires a certain level of development of muscle strength; speed of the support reaction; optimal ratio of length and frequency of running steps; rational distribution of parts and links of the body in space and time [1, 2].

The effectiveness of a sprinter's motor actions is largely determined by his individual characteristics, the knowledge and consideration of which necessitates the formation of motor skills in accordance with the structural content of running for a given distance [3].

The analysis of scientific and scientific-methodical literature showed that when solving the problem of increasing the effectiveness of the competitive activity of a runner, the main attention is paid to increasing the speed of movements at a distance and improving the technique of repulsion from the support [4, 5]. However, the initial impulse of the athlete's movements is set when performing a low start, the performance efficiency which significantly affects the speed of running the distance, which actualizes this research topic.

The technique of sprinting from a low start is characterized by the assimilation of motor skills that have specific features of starting acceleration, is provided by a special technique for performing motor actions while running along a distance (the ratio of the length and frequency of running steps to the finish acceleration), running along the finish line with its own distinctive features [6, 7]. The special significance of mastering the rational technique of a low start lies in the fact that only the qualitative parameters of the sprinter's starting actions determine the initial conditions for the effectiveness of running at a competitive distance [8, 9, 10].

A feature of sprinting is the need to master the technique of performing a low start, which has specific parameters when executing the commands: "To the start", "Attention", "March". When performing starting actions, the athlete redistributes the center of gravity, changes the position of the body, its parts



and individual links, which ensures an increase in body stability; preparation of muscles for the upcoming work on the basis of achieving the optimal ratio of the processes of excitation and inhibition in the central nervous system [11, 12].

The position of the body in accordance with the "Attention" command is characterized by a change in the spatial arrangement of the body's links, which creates more favorable conditions for starting the starting acceleration. This is achieved by straightening the standing leg behind, increasing the tilt of the shoulders forward. The length of time from the mobilization of the "Attention" command to the executive "March" can vary up to several hundredths of a second. For sprinters, it is a certain difficulty to ensure psycho-physiological readiness for a timely response to the "March" command. This command is a signal for the next redistribution of muscle efforts, which must be completed by the time of the start signal [13, 14].

The complexity of the technique of performing a low start in sprinting lies in choosing the mode of the optimal ratio of excitation and braking. With the predominance of excitatory processes, as a rule, a false start occurs; with an increase in inhibitory processes in the cerebral cortex, delayed motor response and loss of time at the start, which makes it difficult to perform the steps of starting acceleration [15, 16].

The reasons for the mismatch of the processes of excitation and inhibition are:

- Overexcitation, determined by the unwillingness to overcome a stressful situation, due to an insufficient level of physical and technical readiness;
- Biased assessment of readiness for competitive activity;
- Unformed skills of managing the psycho-emotional state;

The prevention of the occurrence of these errors is associated with the implementation in the training process of a system of pedagogical conditions aimed at developing the skill of performing a low start, taking into account the level of physical, technical and tactical preparedness of the sprinter, individual experience of competitive activity; tasks set at this stage of sports training.

The adoption of the initial position on the command "To start" should be aimed at ensuring a stable balanced arrangement of parts and links of the body in space, creating favorable conditions for the timely redistribution of muscle efforts. The necessary stability of the body is determined by the psycho-emotional state of the athlete, self-confidence, the degree of fitness achieved for these competitions. This necessitates the setting of real tasks, which require appropriate tension of volitional efforts, concentration of attention on the expected signal for the beginning of active actions.

At the "Attention" command, there is a slight change in the location of the body and its links in space, which determines the need for a new redistribution of muscle efforts. A feature of the second phase of the low start is the adoption of a body position that provides the most favorable conditions for the start of the starting acceleration. The implementation of this task is possible when a runner creates a model of motor action that provides him with the maximum effect of movements with the executive command "March". The athlete must clearly imagine the position of your body, the nature of the redistribution of muscle efforts and set yourself an activity mode that balances the processes of excitation and braking. If at the finish line the sprinter focuses on the actions of his opponents, then at the start his main task is to respond to signals to start running.



An important condition for the formation of a rational technique for performing a low start and starting acceleration is the use of special visual and auditory landmarks: special markings, counting the number of starting acceleration steps, since subsequently all running steps have the same spatio-temporal and spatio-power parameters. Therefore, the main conditions for the effectiveness of the technique of low start and starting acceleration are:

- Setting clear goals for this stage of sports training, corresponding to the level of physical and technical fitness of runners;
- Formation of skills for creating an image - a model of motor action, which allows the sprinter to create a mental image of the upcoming motor action;
- Formation of ideas about the physiological mechanism of running from a low start, which determines the athlete's perception of the features of the technique of its implementation and the requirements for the level of general physical and special fitness;
- Formation of time orientation skills using a system of sound and light signals, as well as self-control of the psycho-emotional state;
- use of a system of visual landmarks and markings, which contribute to the consolidation of orientation skills in the spatio-temporal and spatio-force parameters of motor actions.

Conclusion

Thus, the results of the pedagogical experiment showed that the formation of an understanding of the physiological mechanism for performing a low start, skills of orientation in space and time; creating a model of motor actions when performing a low start; an objective assessment of one's own level of physical and special running fitness and the possibilities of performing motor tasks set at this stage of sports training are the leading pedagogical conditions for improving the individual technique of running from a low start.

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